

Recommended Equipment List

Physical Fitness:

The better shape that you are in, the better your chances of escaping or surviving dangerous situations. Everyone should strive for a maximum level of fitness. Being able to run 5 Kilometers (3.1 miles) in 30 minutes or less with running gear is a good start, and is a measure of some cardiovascular fitness and the ability to get somewhere if you have to. It is important for the individual in the field to be of sufficient mobility with a battle load to be able to either get somewhere quickly enough to be effective, or to escape from an area in order to live to fight another day.

In a three-dimensional urban environment, climbing steps, ladders, and ropes, and being able to effectively move through streets, alleys, and buildings will severely test one's fitness.

Field Uniform:

Shirts and trousers of woodland or similar camouflage: Your environment will dictate the exact nature of your camouflage.

Outdoor hiking socks:

Good, thick socks will protect your feet from blisters during protracted movement. Brown or green will be preferred.

Underwear:

Comfortable, loose-fitting underwear, brown or green, will be best.

Extra socks and underwear.

Good pair of lightweight hiking or hunting boots. Prior to an emergency, make sure that your boots fit well, and that they are comfortable enough for many miles of walking.

Headgear:

To protect from wind, sun, and rain. Boonie hats work the best.

Lightweight gloves to protect your hands from cuts.

Heavy winter gear as needed. Military surplus is usually the best.

Personal Weapon:

Any semi-automatic rifle in .223 caliber (like the AR15 or Mini-14), 7.62X39 caliber (like the Mini-30, SKS, or MAK90) or .308 caliber (like the M14).

A good, pump-action 12-gauge shotgun (like the Mossberg 500).

Personal handgun.

Please train with your weapons prior to any situation in which you may need them. You may also wish to carry pepper spray or other non-lethal form of defense.

Always store your guns safely. Use trigger locks and gunsafes where possible.

Tactical Three-Day Field Pack

Be sure to start the day with extra clothing.
 Compass on a cord, and a map of the area that you will be in.
 Rain suit, poncho, or other light-weight rain protection.
 Light-weight sleeping bag and closed cell foam mattress.
 Spare sets of sock and underwear, kept in waterproof bags.
 Hunting knife and small, folding utility knife. A multi-tool, like a Leatherman, is preferred.
 Small flashlight, with red lens (harder to be seen, and preserves night vision).
 Bug repellent and sunscreen.
 Soap (bottle of antibacterial liquid soap is preferred).
 Toilet paper.
 Washcloth. Hand towel.
 Toothbrush/toothpaste.
 Wet-naps moist towelettes.
 Light-weight emergency "space" blanket.
 Roll of lightweight rope. Military paracord is excellent.
 2 Large green or brown plastic garbage bags.
 Roll of green or black duct tape.
 Safety pins.
 Nylon twine.
 Hacksaw blades with tape-wrapped handles.
 Lighter, waterproof matches, and emergency candles.
 Small sewing kit.
 Notepad and pens.
 Ziploc plastic bags.
 Foot powder.
 Collapsible military type shovel.

First-aid kit:

Band-aids.
 Second skin dressing kit.
 Decongestant. Pain killer. Antacid. Anti-diarrhea medicine. Antibiotic ointment (1 ounce tube).
 Hydrocortisone.
 4X4 Gauze pads. 8X10 sterile pads.
 Medical tape. Gauze rolls. Triangular bandage. ACE bandage. Eyedrops. Thermometer.
 Latex gloves.

Water and water purification:

Canteens and/or water bottles. One quart minimum.
 Water filter and/or iodine tablets.

Food:

Instant oatmeal, pop-tarts, breakfast bars, dried fruit.

Raisins, trail mix, beef jerky, nutri-grain bars, power bars, hard candy.

3 Military MRE's or similar freeze-dried dinners.

Ramen noodles, cup-o-soup, rice.

Instant coffee, drink mix, cocoa mix.

Spoon and metal cup to boil water and cook in. Military canteen cups are excellent.

Small camping stove or military heat tablets.

Optional:

Binoculars.

Instant camera.

Two-way radio.

Small AM/FM radio.

Cell phone.

Copy of US Constitution.

Small Bible